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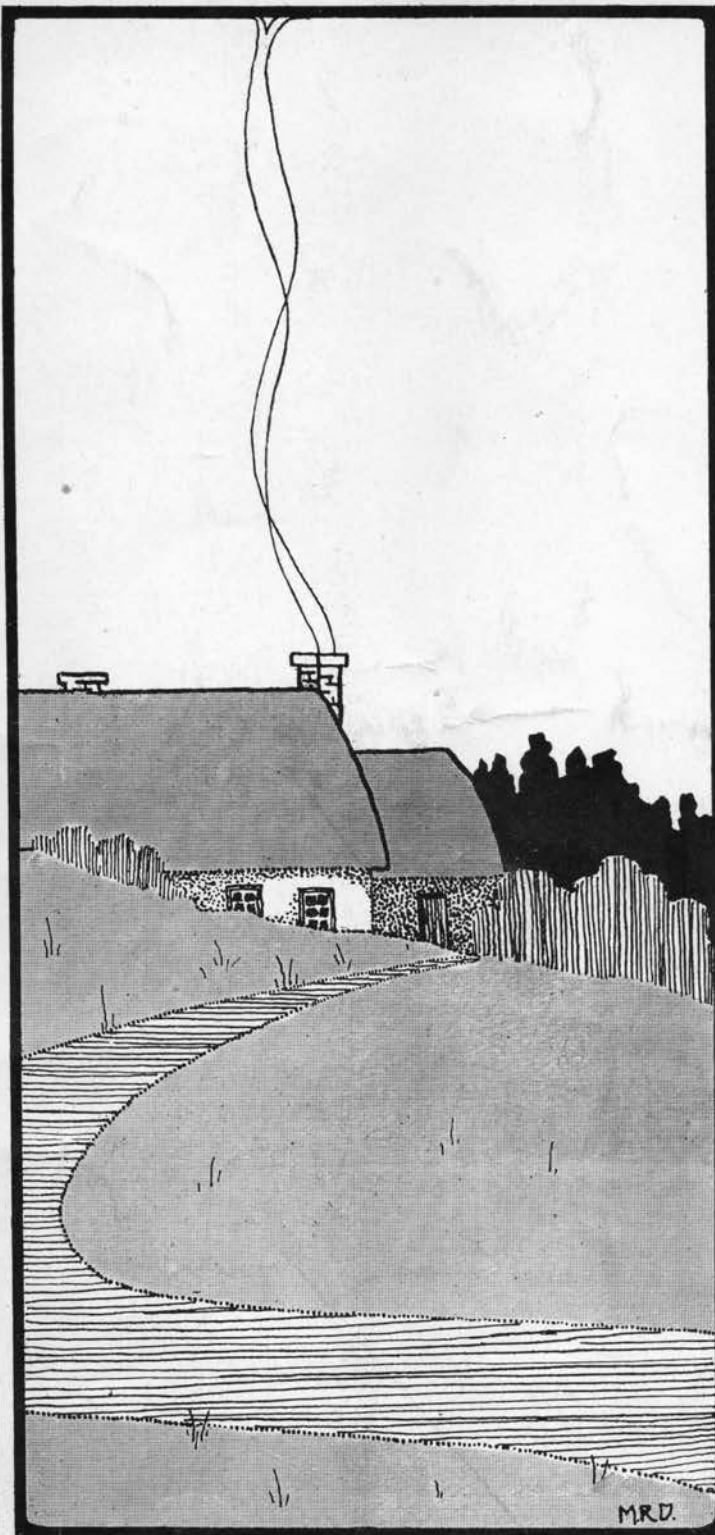
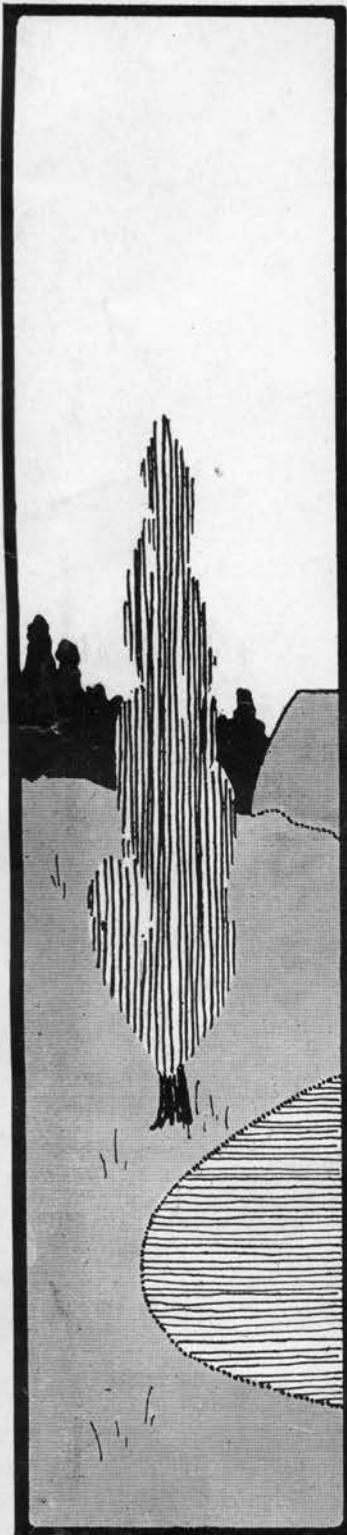
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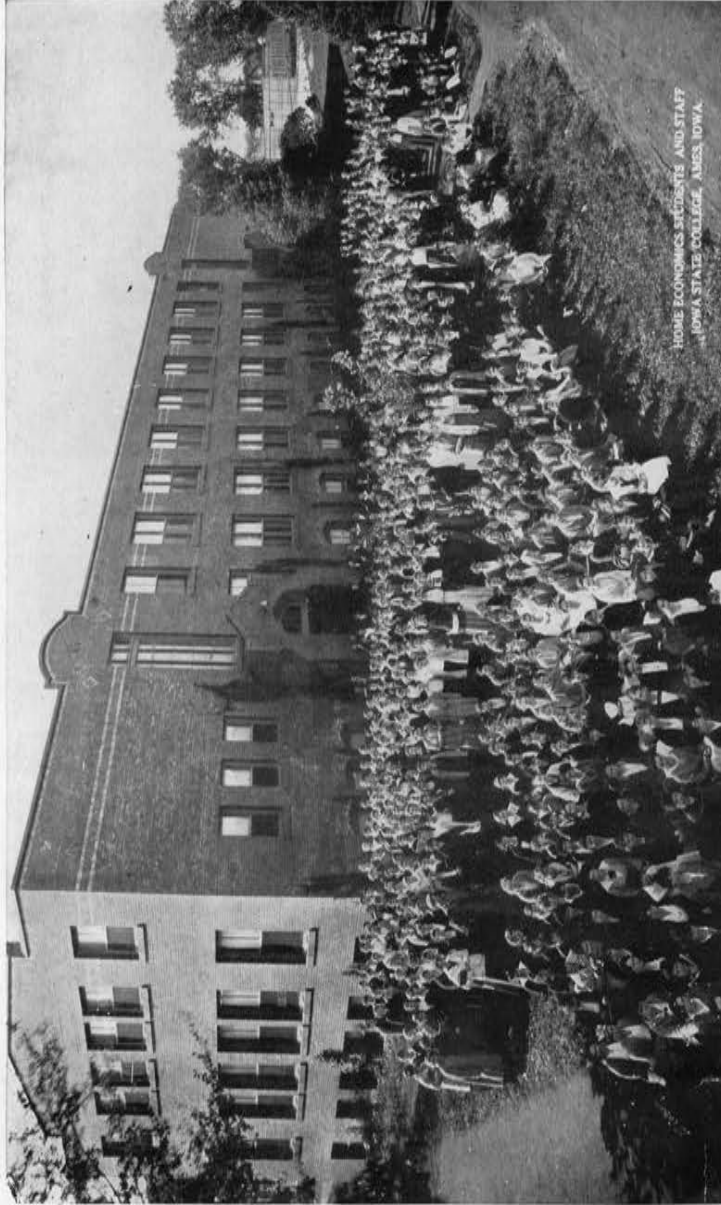
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THE IOWA HOMEMAKER

IOWA STATE COLLEGE





A representative group of the Home Economics girls a year ago. With the steady increase in registration this number will be almost doubled this fall.

THE IOWA HOMEMAKER

"A Magazine for Homemakers from a Homemaker's School"

VOLUME 2

AUGUST AND SEPTEMBER, 1922

NUMBER 5 and 6

Your Child Between the Bottle and School Age

By BELLE LOWE, Associate Professor of Home Economics

"BUT Johnny does not like vegetables!"

Have you not heard this, or a similar statement, about some kinds of foods made many times by mothers, and not only of little Johnny but of grownup Johnny, as well?

Have you ever stopped to consider the meaning of that declaration? It is a confession of failure or of lack of training in food habits, tho it is seldom thought of in this way by those who make it. Likewise, it is also a confession of failure in self training when one makes this statement about himself or herself.

After all, what foods do we eat, and what are our reasons for eating them? Think about it and you'll decide we eat the foods we like when we can get them, and the foods we like are the ones we were taught to eat when we were children.

Food habits are the result of food training. This is well illustrated in the case of a Chinese acquaintance of mine who, like all Chinese, are very fond of pidan eggs. These are duck eggs put down in a cold lye and salt mixture and left until the yolk and white coagulate. When they are ready to eat, they give off an odor fairly staggering to an American. When my Chinese friend proudly displayed one for my inspection, I turned up my nose at such food. She only laughed and retorted, "These may seem terrible to you, but I cannot bear your American cheese." Each race had been taught to like different foods.

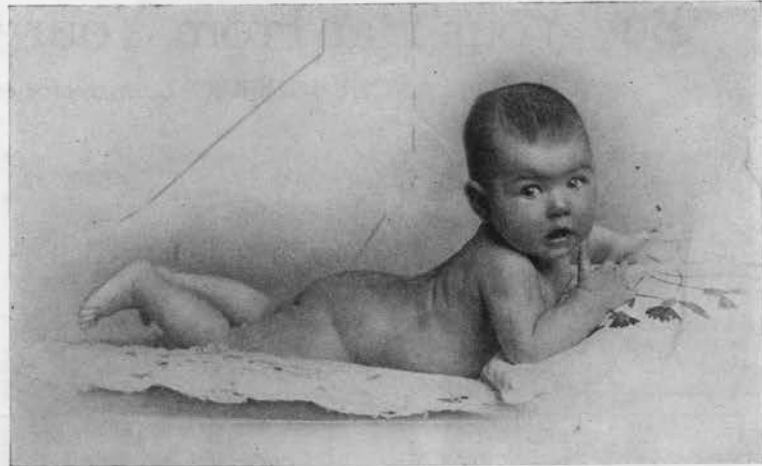
As to the second question, why do we eat food, the answer is simply, to live. If we think further than that, it might be answered, to insure health and a good old age. Do we always think of this, when we neglect our children?

Perhaps you think you don't neglect your child. Perhaps you are right, but if you are, you are more careful than the ordinary mother, of the health and eating habits of your child after it has left the nursing or bottle age.

As soon as a child begins to walk, it is often left to shift for itself, even tho it still requires more care than is usually realized in the preparation of its food and the supervision of its play.

What are the food needs of a child from fifteen months to six years of age? First, it needs food for keeping the body functioning, then for activity, then for growth. Sometimes the child gets only food enough for the first two and grows very slowly, sometimes not at all, for a while. Every child between two and six years of age needs from two to three times as much food for each pound that he weighs as an adult persons needs per pound.

Many mothers do not know this. It is true that the total amount may not equal



From this age until time for the child to enter school, its diet is more neglected than at any other time in its young life.

that which an adult takes, but the statement was made from the standpoint of pound for pound of body weight. This means that for his size, a child eats an enormous quantity of food. If every mother will imagine herself as eating twice as much as she does every day, she will realize why a child is always hungry and why his digestive system is so easily upset.

This will lead her to realize more fully than ever that heavy rich foods should not be given a child. This classification would include very fat foods and excessively sweet ones.

Equal in importance to the kinds of foods, is the preparation of them. For the younger child who does not have all his teeth for chewing, the fineness of division of the food before it is eaten may mean the difference between a sturdy child and a fretful, undernourished one, for the finer the food is divided, the easier it is for the digestive juices to break it down and get it into shape to be absorbed and utilized in the body.

Right here let me say that the utensils that should be used in preparing food for a child, are a strainer, a grater and a food chopper, for with these handy, both the care of preparation, and the chances of forgetting are lessened.

The foods a child needs most are milk, fruits and vegetables, and he can scarcely have too much of any one of them. Yes, someone is saying, "Johnny made himself sick by eating too many plums." Let's get it all down to good common sense. Even adults feel better if they eat at regular intervals. Did Johnny eat them with his meals at a regular time, or con-

tinuously for three hours or more? Were Johnny's plums ripe? And lastly, were they finely divided so as to make them easy of digestion, or did Johnny get them into his system in good sized chunks? Think of the method of eating before blaming the food.

Give the very young child fruit and vegetable juices both cooked and raw. He needs some uncooked foods to insure an adequate supply of one of the vitamins which is essential to health. Raw carrots and beets may be run thru the food chopper, the juice squeezed thru a cloth and diluted with a little water, and given to the child. And did you know that the rich looking yellow and red juices are sweet enough to be appetizing?

Peas, carrots, turnips, prunes, apples, and spinach may be mashed and seasoned for a child, and is it not just as sensible as to mash potatoes for him? Did you ever try running raw apples thru the fine food chopper, mixing with sugar and eating without cooking? It is a delightful reddish food, and a real treat for anyone. Have you tried raw carrot or beet salad? Use a grater or a food chopper in preparing them, season to taste, and you have a delightful salad of an uncooked food, as good for the grown up as for the child. Even finely divided food does not hurt the adult, as many of them do not know what the Lord gave them teeth for.

If you can say that your family eats all sorts of fruits or vegetables, then you and they are fortunate persons, in that you can give them in their diet foods that are very important for their health and for keeping their body in condition. Fruits and vegetables are, aside from the food

value they furnish, important factors in preventing constipation and keeping the digestive canal clean.

Of the "don'ts" in feeding, first is don't feed too much sugar, for while it is pleasing to the taste, it furnishes only energy to the body, and gives nothing for the development of bones, muscle, blood or nerve tissue, as does gasoline give material for running the car, without keeping it in repair.

The second don't is don't use too much fat. This habit is not as prevalent as is the use of sugar, but the material, like sugar, furnishes only energy, and the stomach space is filled too full to allow

the entrance of the much more beneficial foods that would occupy the same space.

The third don't is don't use too many foods made of white flour such as white bread, macaroni, cakes and pie, as they give largely starch, and practically no mineral. Whole wheat bread is preferable to white for both infants and adults.

Food is not all that the child requires. He needs baths, an abundance of fresh air, sunlight and rest. The importance of sunlight has been emphasized by the development of rickets in experimental animals. The rats on a poor diet and in cages away from the light develop rickets, while others on the same diet and

in the light fail to show the symptoms.

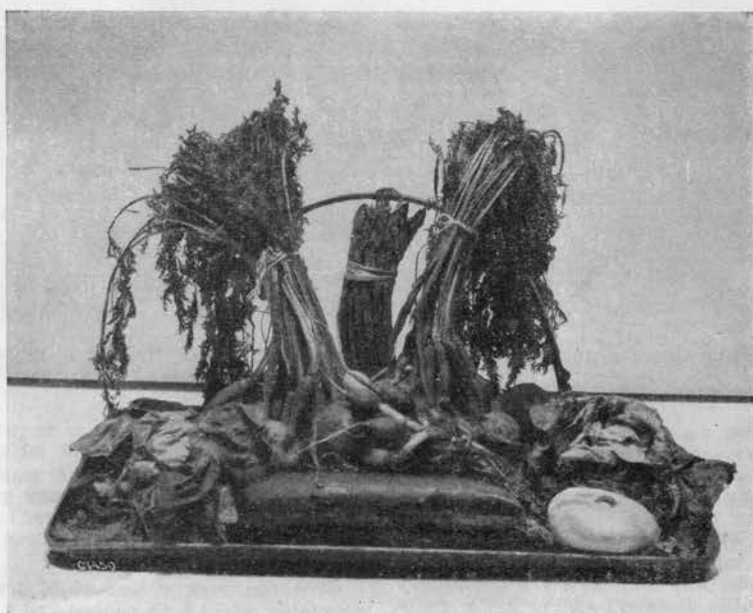
Rest is very essential. It is while the body is resting that the recuperation of tissues takes place. Rest or sleep periods are a matter of habit formation. A child may be trained to be as obstinate about wanting to go to sleep as some are about not wanting to sleep.

The amount of sleep necessary for a child at different ages varies with different authorities. Many children sleep far too little, even below that given by these authorities, who give the lowest number of hours needed.

(Continued on page 11)

Buy Your Hat From Your Grocery Savings

By BLANCHE INGERSOLL, Instructor of Home Economics



Personal shopping is almost imperative if perishables are on the list for only by seeing the grade and condition of the foods, can the housewife tell whether it is cheap or expensive at the quoted price.

ARE your grocery bills satisfactory, or would you like to save more money and still buy more food? The problem of stretching a grocery bill is not always an easy one. In many cases it isn't a question of "what do you buy," but rather "how do you buy it?"

Mrs. Blair and Mrs. Hayes are neighbors. Mrs. Blair spends most of her time—and a lot of carfare—running around to all the groceries in town to find the one selling butter the cheapest, or following up a sale on shredded wheat. She has no time to sew which means that she must buy ready-made clothes for even the little children. "You know with the high price of food, and the difference in stores, and the stupid clerks and all, you just have to do your own shopping."

Mrs. Hayes makes all of her daughter's school clothes and saves dollars where Mrs. Blair saves pennies. Mrs. Hayes goes to the grocery often enough to become acquainted with the stock and the clerks but she buys practically all of her staples by phoning orders to Clark's—thus

saving a great deal of time. She realizes the advantage of becoming well acquainted with at least one grocery, for telephone orders are not very satisfactory unless one is acquainted with the store. However, in giving her orders Mrs. Hayes is careful to state definitely what brand, grade, or size of can she wants so that the clerk is not compelled to use his imagination in filling the order. Many a poor clerk is called stupid because of a bungled order when the person who gave the order was really to blame if she did not state definitely what she wanted.

Personal shopping is almost imperative if perishables are on the grocery list. Unless she sees the condition of the fruit or vegetables, the size of the heads or bunches or of the container, it is hard to know whether it is cheap or expensive at the price quoted.

Women dearly love to look for bargains, but many of the so-called bargains in foods are of a somewhat doubtful nature. Cut prices on a staple brand of soap or canned corn or matches are usually advertised as

"leaders" to attract trade and are real bargains, but cut prices on cereals or vegetables or bacon may mean that the cereals are old and doubtful, the vegetables wilted or old, and the bacon poor. In such cases a bargain is certainly not a bargain but exactly the opposite.

When you do find a real bargain in groceries, take advantage of it by all means, but—better yet—make your own bargain every time you order. To do that you must train yourself to recognize a bargain when you see it. Suppose vinegar was quoted at \$2, \$1, and \$.50 a gallon—which would you buy? Would you be foolish enough to pay \$2 a gallon for plain, every day vinegar? And yet that is what you do pay when you buy a pint bottle for \$.25. A quart bottle at \$.25 means \$1 a gallon, while plain bulk vinegar, delivered in a jug, costs \$.50 a gallon.

This increase in price as the size of the container decreases, is noticed in the case of many commodities. In any case the price per can or per package is most indefinite unless one knows the amount contained. The real price can only be determined by estimating the price per pound or per quart. Take for example dried beef. A 2½ ounce glass of dried beef at 20 cents costs \$1.28 a pound; a 7 ounce glass at 40 cents costs 90 cents a pound; while at the meat market you can have it freshly sliced off the piece for 65 cents a pound—and you can buy just the amount you need. It is true that the beef in the glass will keep fresh for some time but it is also true that freshly sliced dried beef will keep moist if packed in a glass fruit jar.

Another illustration is the difference in price of different sizes of cans. A small can of milk contains 6 ounces and sells for 8 cents, while a tall can contains 16 ounces and sells for 15 cents. The cost of two small cans is 16 cents for only 12 ounces of milk. This means that by buying one tall can instead of two small ones, you would gain four ounces of milk—two-thirds of a small can—and a penny besides.

Canned milk is a great convenience and in some cases a necessity but in many cases it would be cheaper—and much better—to buy more fresh milk. A small can of milk contains approximately three-fourths of a cup making the cost about ten cents a cup, or 5 cents after the milk

is diluted with water. Fresh milk selling for 12 cents a quart costs only 3 cents a cup. Why pay 20 cents a quart for canned milk when fresh can be purchased for 12 cents?

Does your family enjoy nice big prunes, or do you economize (?) and make them hate prunes by feeding them small seedy ones? The sad part of it is that they are often as expensive as the larger ones. One pound of 40-50 prunes purchased for 25 cents contained 46 prunes, while a pound of 70-80 prunes costing 20 cents contained 74 prunes. After they were cooked it was found that it took 9 of the smaller ones to make a serving equal to 5 of the larger ones. This meant that for 25 cents there were 9 servings ($9 \times 5 = 45$) and for 20 cents there were 8 servings ($8 \times 9 = 72$). In that case the cost per serving was practically the same and the larger prunes were surely more palatable.

Bone dry prunes, white with sugar, are always expensive at any price. It takes

a lot of time—and gas—to cook them and they are never very good when you have finished. A good family size package of prunes is the 5-pound can which usually sells for 90 cents or \$1.00. The prunes packed in this can are of medium size—usually about 60-70 size—and are so soft that they can be used for salad without cooking, and can be cooked in much less time than the drier bulk prunes.

Packages of all kinds of foods have become extremely popular principally because of sanitation and convenience, and yet in some cases where sanitation is not particularly important, the same food may be purchased in bulk at a much lower price. Since rice must be thoroughly washed before using, or cooking, there is no particular reason why we should buy it in sealed packages. A two-pound package of rice sells for 30 cents or 15 cents a pound, and at the same time a good grade of bulk head rice sells three pounds for a quarter. At 15 cents a pound the three pounds would cost 45

cents—an extra cost of 20 cents for the same article.

The difference in the size of packages also makes a great variation in the price of cereals. Corn meal in an 8-pound bag selling for 25 cents is considerably cheaper than the same corn meal in a package which costs 15 cents for a pound and a half, or 10 cents a pound. At this rate the 8-pound bag would cost 80 cents. A saving of 55 cents on one article—is not that a real bargain?

The saving from such bargains enables the housewife to buy many little luxuries for her family which would not otherwise be possible with the regular grocery allowance. A can of the tiny French peas costing 40 cents for a number 2 can, is expensive enough to be a luxury for most families. Larger peas of a good grade can be purchased for 25 cents, or even for 20 cents. The use of the cheaper peas for ordinary use, or particularly for creamed peas in which the appearance (Continued on page 12)

Has Hosiery Become Your Hobby?

By MILDRED B. ELDER

ALL year long, when one pauses to remember that futures are bound to occur, the anticipation of a new wardrobe is a source of tingling wee thrills.

The woman of today does not plan her new outfit without making a definite study of the different phases of it. She is always eager to learn how she can buy to the best advantage and is ever informing herself on the proper selection and care of clothing which is an all important factor for the woman who aspires to be a so-called "well-dressed" person.

Almost every woman is well informed about the more important articles of her wearing apparel, such as her suits, wraps, hats and dresses, but has she learned the best about her accessories? Does she know what she should about her hosiery?

Never have women of America been so fastidious about their hosiery as they are at the present time—perhaps because it plays such an important part in her costume.

There are many things to consider in the selection of hosiery. Perhaps one of the first should be, that it provides for the well-being of the wearer. The feet form a delicately susceptible part of our anatomy and require special care in fabric selection. The muscles and tendons of the foot are in constant use and it is of vital importance to the comfort of the individual that footgear should be worked in the most suitable fabric. To have hosiery made of a woven fabric is unthinkable if for no other reason than because of the seams, for they would render the wearer unable to walk in a short time. Therefore knitted fabrics have been found to be the most satisfactory material for hosiery. They also absorb perspiration much more readily than do other materials.

Every woman should be familiar with the four types of hosiery so she can judge which is best suited for her own needs.

The full-fashioned hose is made to fit the shape of the leg. Pieces are knitted in complete units with perfect selvages which are joined together with compara-

tively little bulk or seam. They fit almost perfectly and the strain on them is divided so that they usually wear much longer than the other types.

The half-fashioned hose is a combination of a seamless and full-fashioned type. It is knitted as a seamless hose up to the calf of the leg, where extra stitches are added for about four inches, then the seamless knitting is continued. The unfashioned or seamless hose is knitted on a circular machine to fit the leg as nearly as possible. But it makes a very loose fit around the ankles which of course is undesirable.

The cut-goods hose is made by cutting component pieces from a roll or web of cloth. There is much waste in this type and often the seams are bulky and uncomfortable to wear.

It has been successfully proven that considering price, fit and wearing quality the full-fashioned hose is most satisfactory—therefore the careful woman shopper should be very observing about the type of hose she selects so she will know which is best for her own wear.

The wear that a pair of hose can stand will be increased if the buyer purchases the correct size. A good policy is to "fit the foot and not the eye." Here is the standard table of sizes:

Sizes 2, 2½ or 3 shoe.....	8½ hose
3½ to 4 shoe.....	9 hose
5 to 6 shoe.....	9½ hose
6½ to 7 shoe.....	10 hose
Larger sizes	Out sizes

The first thing after getting the right kind, the right size, and the right price is to know how to take care of the hose. First, do you know how to put them on? Roll the length of the hose down to the toe, holding it with the fingers of both hands, then draw it over the foot carefully, being cautious not to allow special strain to come when pulling it over the heel. Next, draw it up the leg evenly and without twisting; lastly fasten the garters over the double top to avoid "runs."

The washing of silk hose in warm water with a mild soap after each wearing insures the hose of a much longer

life. It should also bear a weekly mending. Remember that "a stitch in time saves nine," and immediate care of the thin places or tiny breaks may add weeks to its wear. Some large firms make guarantees for their hosiery provided they are given the right kind of care. Others provide for mending and repairs which is indeed a great stimulus to their trade.

In buying hosiery we must consider many things. The age of the wearer must be kept in mind; can you imagine your grandmother appearing on the street in gay sport hose? Or a two-weeks old baby in black or colored hose?

The type of dress or costume with which the hose is to be worn also plays an important part in selection. Cotton hose are never right with the georgette party dress, or lace hose with a sport costume. It just seems we can't imagine certain costumes without appropriate hosiery.

Another thing to be considered is the shoes which will be worn with the hose. Fuzzy wool hose are dreadful with light pumps and heavy walking shoes could never be worn with fancy silk hose.

It would be well for each woman to make a more careful study of her hosiery problem. It is everyone's problem to save where she can and a careful selection of hosiery will mean a great deal to everyone in money, satisfaction and appearance.

MY CREED

"Let us learn to be content with what we have. Let us learn to get rid of our false estimates, set up all the higher ideals—a quiet home; vines of our own planting; a few books full of the inspiration of a genius; a few friends worthy of being loved, and able to love us in return; a hundred innocent pleasures that bring us no pain or remorse; a devotion to the right that will never swerve; a simple religion empty of all bigotry, full of trust and hope and love—and to such a philosophy this world will give up all the joy it has."—David Swing.

Pottery Making as a Community Work

By PAUL E. COX, Acting Head of Ceramic Engineering

SINCE women are the great purchasers of ceramic products, directly and indirectly, it is only natural that they wish, and carry out their wish, to become better acquainted with some of the processes of ceramic manufacture. And becoming acquainted with ceramic processes doesn't afford half the thrill that does carrying these same into execution, and producing, all by one's self, her very first piece of hand-made pottery. An oriental rug or a Cadillac coupe are nothing in comparison of luxury.

Handicraft of all kinds is greatly in demand, for the city and larger schools over the country are establishing in their lower grades as well as in high school, courses in handicraft of all kinds, and more particularly clay modeling. Nor is the work limited to the schools, for anyone living in a community where there is a pottery kiln may make her wares at home and have them fired in the kiln. She may be even more fortunate and live in a community where the women interested in the work have their classes in pottery instruction and have established their own kiln.

If she is not so fortunate, she may wish to start the work in her own town. And is it such a terrible process? Certainly not, when it takes such a short time for anyone with a desire and "feeling" for the work to learn to handle and mold the rather tricky medium.

A nearby pottery factory will sell washed clay, ready for immediate use, as fresh clay is too coarse and adulterated to use in its natural state.

After the clay has been softened for use, the modeling begins. Since only experts with months and even years of training are able to successfully use the potter's wheel, the most of us are concerned with the hand-modeled or "patch" process. For this the only utensils needed are, an idea, a piece of cardboard, a small pan of water, a sponge, a setter, or a plaster plate thoroughly moistened, a paring knife, a medium sized knitting needle, a Jap paint



Modeling a bowl by the patch process. Notice the thickness of the base.

brush and sandpaper. The few of these articles that are not obtainable at home may be purchased at a reasonable price from any ceramic supply company, and can be used a number of times.

The idea is put on cardboard in exact dimensions rather than in perspective, cut out, and the piece which is cut away from the plan is saved as a pattern. Only medium sized pieces of clay are used since it dries out so quickly in the air, and small pieces of this are broken off to use as needed. The bottom of the model is shaped on the setter, making sure that the joinings of the patches of clay are tight by moistening the slanting edges of the main piece before adding the patch, and pressing tightly until there can be no possible danger of an airhole. The bottom or base of any piece should be uniform in size and never less than one-half inch thick. It is wiser always to make a base larger than is needed and to cut it down to the desired size.

The shaping of the sides is the next step. Here the patch process is used as before, working around and up, shaping it constantly with the pattern. The sides of a piece should be never less than a quarter inch thick, and should be as nearly as is possible completed at one time, since the part made will dry and shrink as it stands. In case it must stand, it should be covered with a layer of paper then a damp cloth and stored in a cool dark enclosure. The laboratories have a "cellar," a long damp, cement-floored box, that would be easy to construct in a home laboratory if the person so desired.

When the construction is complete, the piece is allowed to dry to the "leather hard" stage. The product may now be removed from the setter, the base hollowed out until it is thinner in the center than at the edges. This is essential to keep it from shrinking unevenly and cracking, and also forms an edge that will prevent the piece from tipping easily, and then the whole is scraped smooth with a paring knife and sandpapered.

The piece is now ready for the design, which may be drawn directly onto the clay, but is usually much more successful when transferred from a drawing with carbon paper. The design may be carried out in many ways, but there are three commonly in use. Simplest of these is the outline method which is only tracing around the edge of the design with a rounded point of a knitting needle, digging in deep enough to leave a heavily marked outline. The other two processes are equal in simplicity, and are each very effective in appearance. Here either the part of the pottery around the design is scraped away with a sharply pointed knife, leaving the design in relief, or the design may be hollowed out, giving a shadowy or niched effect. In either case, the difference in depth is approximately one-eighth inch.

After the design has been smoothed with sandpaper, the piece is allowed to remain in the open until thoroughly dry, when it is ready for the kiln. The management of a kiln requires special training and is of small importance to the pottery maker at home, since her part is only constructing and designing the article.

When the piece has been thoroughly fired and cooled, it is ready for the glaze. In communities where enough work is being done at one time, these may be mixed in bulk, and placed in jars deep enough to allow the whole piece to be immersed at once. Only the standard colors as blue, brown, green or yellow need to be made in this way, since some of the less important ones, those to be used only in decoration, may be purchased in a powder form, and mixed in quantities just large enough for immediate use.

After the article has been immersed in



Truing the ware before allowing it to dry



Dipping pottery in the glaze mixture. The jar is deep enough to allow the whole piece to be immersed at one time.

the glaze, it requires only a few moments to dry sufficiently to finish the decoration. Here, too, the glaze is dug out in a manner similar to the removal of the clay, and the parts of the design to be in another color are filled in with that glaze, this being applied with a paint brush, and the whole allowed to dry. The piece is now ready for the final firing, and after this is ready for service.

Since the very great majority of people are interested only in the mechanical construction of pottery, that phase is the one taught in the elementary ceramic schools. The three months' course given at Iowa State College prepares a girl to go out and teach pottery modeling in the grades or higher schools, or to direct its progress in a community of women interested in the work.

The more advanced work instructs in pottery making on the wheel, in glaze mixing, and in pottery firing. If the present dreams of the department are fulfilled, there will soon be a teacher of ceramic design, and then the graduates from here will be able to establish their own plants and will be even better fitted to instruct students in commercial pottery making.

Fall Forecast for Children's Frocks

By HELEN PASCHAL

WHEN my grandmother was a child, pantalettes were a necessary adjunct to every little frock. Sturdy little legs were covered almost to the ankles with lace-trimmed or berruffled pant legs. With the changing fashions, my mother wore no pantalettes but her little dresses were long coming half way from her knees to her ankles.

My own childhood on dress-up days was often made miserable by the fear that my panties might show. The chief memory of my first day at school is mother's careful pinning and pinning so that no tiny lace might hang below my dress. By and by as I grew older, bloomers came, but still they were a thing to be concealed.

Today the lucky little children next door play happily all day long in bloomers. Frances wears a brief little dress below which gayly trimmed bloomers form an important half of the costume; Jackies wears a sailor suit with short pants or a little play suit of small trousers buttoned to a short seveled, open-throated waist both with their browned knees bared to the warm summer air for half hose and open sandals form the rest of their costumes.

Their mother has a multitude of fashions from which to choose their clothes. I think the mysterious makers of styles must count that day a vacation when they can plan all day for little ones. Children can wear equally well the brilliant and the delicate hues, and most of them are charming in white or black. Their small figures are adaptable to all sorts of fashions. At any rate, magazines are heaped with ideas and suggestions with whole costumes and accessories, for children. The mother of Jack and Frances, then, has no difficulty in clothing her youngsters prettily.

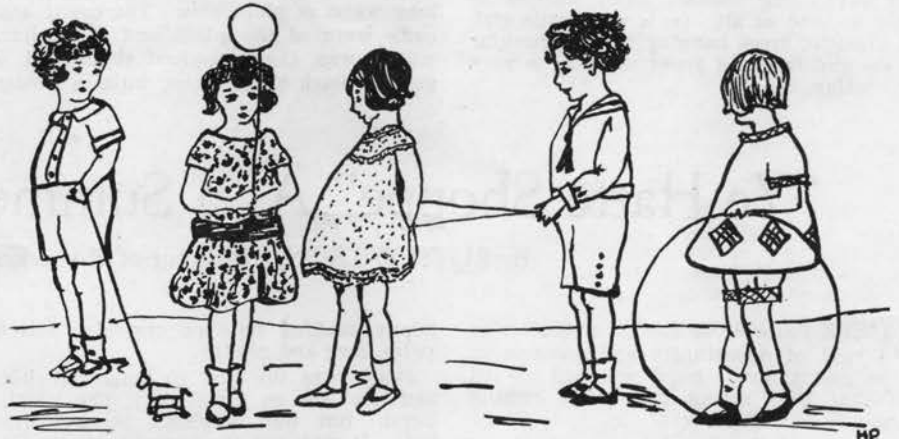
For small boys, there are almost as many fashions as there are for little girls.

The most practical suit is built about the foundation principle of little pants attached to a plain blouse. Variations in materials, trimming and lines have developed from this idea.

Straight pants, loose at the knees and buttoned to a fitted waist open in front or back, with kimona or set-in sleeves. The whole suit may be of blue gingham with blue and white checkered collar and cuffs. Large white buttons attached to the waist may fit buttonholes worked in the top of the pants and serve as trimming.

The suit may be made of two colors, as brown and white checkered gingham pants and tan waist, or blue linen trousers buttoned to a white linen collar and cuffs.

Not long ago I saw a little curly haired, brown-eyed boy dressed in a "best suit" made in this style. The pants were of



Any inexpensive material made in an easily laundered style is good since comfort and simplicity are the guiding factors this season.

brown velvet corduroy; the waist was of pongee with ruffles about the collar and cuffs. The waist was detachable for laundering purposes. I was sure I had never seen anything so adorable until I saw his small brother who wore a black velvet suit with trousers and jacket of velvet, a blouse of pale yellow crepe de chine with broad collar over the jacket, and a fringed sash of black satin tied on the side.

A second variation of the fundamental idea has fuller bloomers gathered to a cuff above the knee and gathered into a band at the waist. Sometimes the fullness is further accentuated by double pieces of material, so placed in the side seams as to stand straight out. These pieces may hold designs in stitches and when the small boy plays they flap about after the fashion of a Dutch windmill.

After all there is nothing so attractive for a four-year-old boy as a sailor suit of blue linen, trimmed with black braid on the collar and cuffs, a black tie and black buttons up the outer seam of short little pant legs. Jackie wears one sometimes and when he does, anyone would want to kidnap him to keep forever.

These sailor suits may be made with separate pants and middy or all in one piece with a belt around the waist.

When one considers that fashion belongs primarily to the realm of woman-kind, it seems that the small boy may be, to a certain degree, usurping his sister's privileges.

However, there is no end of styles left for the little girl. Magazines talk seriously of lines for the thin, tall child who has grown too fast and lines for the chubby girl who does not seem to grow at all. There are play dresses and school

dresses and best dresses, in all sorts of materials. Little girls can wear not only the materials that their small brothers wear, but many others as well. For who ever heard of a small boy in organdie, that most crisp and fresh material in his sister's summer frocks?

This summer and fall the most practical, most modish and most beloved of little girl fashions is the bloomer dress. To be complete it seems, the frock must have bloomers to match. No matter what the material, this rule holds, for only last week, a tiny girl of my acquaintance appeared in the palest of pink organdies with bloomers to match. The ruffles on the dress ran into the ruffles on the bloomers and little June looked like a moving apple blossom as she came sedately to Sunday School in the frock.

What kind of bloomers, do you ask?

There are gingham bloomers, linen bloomers, cretonne bloomers, sateen bloomers and silk bloomers; bloomers that are nothing but the straight little pants which mother so carefully pinned up on me that day so long ago; bloomers that have rubbers; bloomers that have cuffs; and bloomers which match the dress or the trimming on the dress. Lucky little girls who wear them and no longer need to be admonished with mother's "Keep your dress down, Betty!"

From bloomers we pass to dresses, the supreme topic of the feminine mind.

Who does not want, after a glance through pages of little girl's dress patterns, to adopt an orphan asylum of children and sew and sew for them.

Let us think for a moment of the perfectly lovely dotted swisses, cross barred organdies, dotted voiles, flowered crepe de chine on the late summer market—

of the dainty laces and beautifully colored embroidery flosses which may be cross stitched into these materials. As original a trimming as any and a most effective one on dotted swiss is made by pulling threads and running through this space narrow ribbon of the color of the dots in the swiss. For instance, I saw a gray swiss with red dots so trimmed with red ribbon and the effect was charming. This works up very quickly in linen or the coarser fall materials such as ratiné.

Always there are organdies and each year they seem to come in lovelier colors and this year they are almost an economy since they are selling at much lower price than ever before.

These materials are made up in myriads of ways—long waisted, short waisted or not waisted at all. On a very little girl, a straight dress hanging from a circular yoke and trimmed about the hem is very becoming.

A material for play dresses most popular in the bloomer style, is cretonne. Because the material itself is so garish, little or no trimming is needed. Plain ribbon or plain goods of a color prominent in the cretonne, are practically the only suitable trimming, and the material is of the exact weight for early fall wear.

Little play dresses made up from a flat pattern—that is, made so that they can be ironed flat on the board—are a saving for the mother in hot weather. Of gingham, chambray or crepe they are pretty for the small daughter.

For a practical school dress, I have seen nothing prettier than a gingham frock made with a short pleated skirt of plaid gingham, fastened to a straight long waist of plain blue. The collar and cuffs were of the plaid and the collar, which was the two-piece type, had a narrow black tie in front, while a border

pattern of black cross stitching ran around the bottom of the waist.

Betty, a five-year-old girl of my acquaintance, who has deep blue eyes and brown hair, has a pretty little dress of pongee with bloomers of the same material. The dress has a square neck and extremely short sleeves, both edged with points of blue and white small plaid gingham. Cuffs of her bloomers are of gingham, too. Nothing is as easy to iron, her mother says, because pongee irons out beautifully when perfectly dry.

Any inexpensive material made in an easily laundered style is good, since comfort and simplicity are the guiding factors this season.

Lucky as are small children who wear the lovely fashions of now-a-days, there is even more pleasure to the mother who may make them and see the little one's comfort and prettiness when they wear these garments.

"Ye Hatte Shoppe" As a Summer's Occupation

By RUTH WILSON, Instructor of Home Economics

WERE you ever up against a summer so void of opportunity and amusement that you almost wished you had stayed at that busy school instead of coming home to be with mother?

Such was the fate of two friends of mine and the outlook was most deploring. Life's darkest moment had been reached just before Doris had departed for town to buy the material for her mother's hat she had planned to make as she had learned in her millinery course she had elected at school.

Life's brightest moment glistened as she bounded into the room some half hour later.

"Jean, Jean," shouted Doris, "come here this very minute. I have the most wonderful plan you ever heard of. I told you something would happen and here it is. Listen! Down town I met Peggy and she wants to know how to make hats, so we are to start a millinery class. Peggy, the twins and Evelyn are here, Nancy and Miss Parker's niece are coming and perhaps others will come. Just let Peggy get started talking us up and we'll have a great class."

"Well," said Jean, entering heartily into the spirit of it all, "I guess it pays to be a Pollyanna. We can have lots of fun showing these girls how to make all kinds of hats. Hope Miss Jenkins will sell us some millinery supplies. We'll talk to her our nicest and make her think it her born duty to give us anything she has since she is an old family friend. Oh, I'm so happy!"

It was a radiant pair of girls who sat down to the dinner table. And each one was bubbling over with all kinds of ideas for making hats by the dozens. Their parents took a keen interest and were prevailed upon to let them use the old wood shed. Their mother supplied cleaning articles and old furniture, and within a few days a sign swung in the breeze outside that wood shed door announcing to passersby that this was "Ye Hatte Shoppe."

It took no time to arouse interest in the work and a week later ten girls were

busily making hats of organdy, dotted swiss, lace and maline.

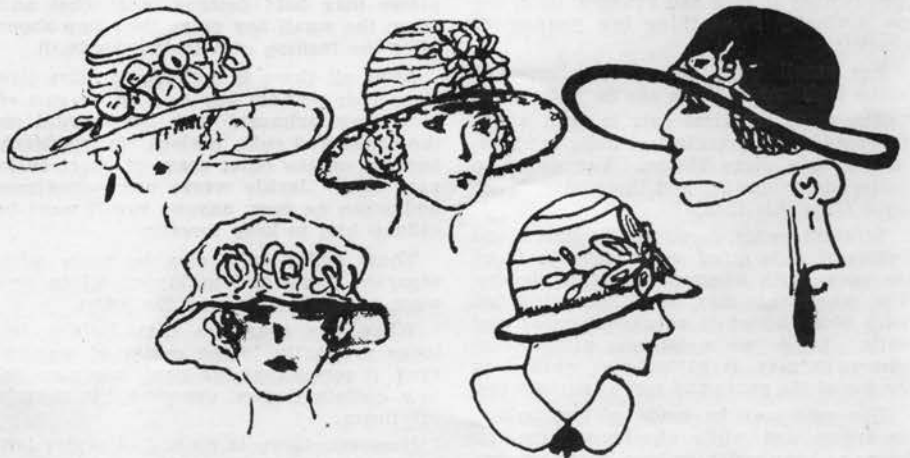
Peggy was the first to finish her hat, and she was so proud of it she nearly burst. But who wouldn't be—her first hat! It was just the hat she dreamed it should be.

Picture an oval face with a rose and white complexion, brown eyes, and dark brown hair, topped with a peach colored organdy hat. A graceful droop over the right eye and bias flange around the edge to give that air of mystery. Hand-made organdy flowers and leaves of the same material followed the graceful lines of the brim. All the self same color, but just the finishing touch to complete Peggy's peach-colored voile.

Nancy, because of her black hair and eyes, chose yellow organdy for her dress and out of the "left-overs" made her hat. Because of her round face, a small hat with fairly straight brim was selected for the "full o' pep" Nancy. Narrow double folds of bias organdy were sewed round and round the crown as well as the brim.

Out from under the edge of the brim peeped a narrow black lace ruffle. The organdy flowers bunched in the center of the hat boasted of black lace centers. The class verdict was, "that's the most becoming hat you ever had, Nancy."

Evelyn's interest centered more in the floppy garden type of hat, which she could wear so well because of her tall willowy figure. Out of her mother's attic came an old leghorn hat of huge dimensions. Ridiculous it was at its first appearance, but when finished, the envy of the crowd. To clean it she used one teaspoonful of oxalic acid in one pint of hot water. With a scrub brush the whole surface was covered quickly, then rinsed in hot water and before hanging out to dry, as much of the moisture as possible was wiped off. Then, because it was so large that the brim stuck out beyond her shoulders—an unpardonable offense in millinery rules, Doris explained—off came the extra straw and the edges were bound with a bias fold of purple taffeta. The crown was made in four sections with a cord used in the seam joinings. Hand-made flowers



A graceful droop over Peggy's right eye, a small straight brim for Nancy, a floppy leghorn mode for Evelyn, airy, fluffy black maline for the twins, and a "belting hat" for inexperienced Sylvia gave homemade hats the inimitable touch "the chic."

made of colored taffeta scraps trimmed the front. They were simply made of large circles of silk with the raw edge turned under once and a gathering thread put one-fourth of an inch from the edge with the thread pulled a little smaller than the circle's outer edge. Embroidered floss knotted at the end made the centers. And this hat unearthed from the attic brought many compliments to Evelyn. In her own words, "It is the kind of a hat in which I forget myself and all my worries because I know it looks well for me."

The twins always dressed alike so no one could force them to different types of hats and since it took their closest friends to know Marie from Mary, the hats were made alike. Airy, fluffy, black maline was chosen for these two. Two double pieces gathered in to fit the head size covered the wire frame. Green ribbon roses nestled in between the double crown, roses which were made of narrow ribbon twisted as it was wound around to make the flower the right size.

Miss Parker's niece Sylvia had a difficult time deciding what to make. Doris suggested a "belting hat." To Sylvia, who's confidence in her own sewing ability was small, it was a splendid inexpensive suggestion. So with five yards of inch and a half wide, unstayed skirt belting of good quality, a clever sports hat was made. In order to use it successfully the dressing, or stiffness had to be removed by boiling it in hot water. To have it match her jade green sweater, Sylvia dyed it that exact color. To handle the material and have it work into a hat the best a cap crown was made of three pieces about

seven inches long sewed together. Three other strips long enough to go around the head size were sewed together, then seamed up the back. A gathering thread around the top brought the fullness in to fit the oval shaped tip. The brim took two or three strips of belting sewed together, depending upon the width brim desired. The length of these strips was determined by the distance required for the outer edge. The extra fullness was taken in at the head size with gathers.

Because of her large nose, it was best for the brim of Sylvia's hat to turn down and the decoration to be placed in the center front. For trimming she used a big yarn flower made like a "lazy-daisy", using six strands of heavy yarn twisted together, caught out at the ends of the petals. The center was a puffy yarn ball. To complete the trimming, leaves too were embroidered on it, and a yarn cord circled the crown.

Sylvia's was not the only one of its kind for it was so easy to make and so very inexpensive that the whole class wanted belting hats. By making either rolled or up-turned brims, various hand stitches and designs, many unusual and clever hats completed sports outfits in Doris' and Jean's town.

The days and weeks seemed to fly by. The summer was drawing to a close and each girl in the class wanted to make her fall hat to wear back to college to make good that "first impression." The big question was "What will be good this fall?" To answer the question in a general way Doris and Jean posted the forecast as you find it given here:

Leading Shades

Black, brown, gray, enlivened by vivid tones of copper, navy and madonna blues; "Russian Ballet" and oriental colors, deep magenta; Persian, Egyptian and Near-East effects.

Materials

Velvets—Lyon and panne; high-lustre satin; plush, velours, beaver, felt, duvetine, crepes, tapestries, ribbon and veiling in fanciful patterns.

Shapes

Tricorne, bandanna effects, Russian, Spanish and Egyptian styles; large picture hats, small toques and turbans.

Trimmings

Heavy covered tubing, quills, wings, curled ostrich; applique' effects; large single flowers; handwork; much fur; ear and aeroplane bows of ribbon, fabrics, or chenille; fringe and veils.

So with this before them the girls went ahead planning their hats. Soft materials of darker colors to match their suits, touched up with bright colors in unusual designs made most of the hats. The verdict was, "They look like shop hats."

As family vacations and camping trips took the girls from their class at the end of their season, they closed the first, and a very successful first season of "Ye Hatte Shoppe." The summer had furnished not only entertainment, but profit as well, for each girl had made a dress, a sport and a fall street hat. The total expense for the most extravagant girl was \$16.87, just the price that many would have paid for one of her three, had she bought it at a retail store.

Will Courtesy Count in Your Child's Career?

By EDA LORD MURPHY, Assistant Professor of Home Economics

I WAS talking last week with a freshman about his experiences during the first quarter of his school year. Along with tales of Sophomore "stretching" for not wearing his prep cap came the story of his own blunder and the lesson he learned by it. He told it, "You know Bill Brown? He and I were invited for dinner at the home of one of the profs. During the meal the mother was called to the phone, and when she rose to go, Bill got up, too. Like a half wit I said, 'Bill, where are you going? They didn't call for you!' I didn't even know he was just using good manners. Maybe I didn't feel like a hole without the doughnut! Believe me, Miss Murphy, I can see now why mother used to wear herself out trying to make me have manners."

"And some of the boys at our house have been black and blue for weeks where the older men have kicked them on the shins under the table. You know I was as green as the rest of the verdant freshmen. No one had to show me how to hold my fork, mother had done that, but I did have to be taught when to be seen and when to be heard."

When I told him I was going to write on the subject of courtesy and good manners, he said from his heart, "You tell 'em for me that at first a fellow is pretty much judged by his appearance and his manners. They either get him by, or they raise hob with his future."

So the freshman had learned his lesson.

Quite recently, while in conversation with a Sioux City man who had several hundred employees under him, I put the question, "To what extent do you consider courtesy an asset in the business world?"

His reply was, "To this extent: My business is founded on courtesy, and when we find an employee who is unfailingly courteous to his associates as well as our customers, we commend him and he is put on our preference list for advancement. You see," he added, "we know that courtesy is a business asset, and worth actual dollars and cents to us."

To my query as to how he could detect the characteristic, he answered, "Girls I judge mostly by appearance and speech. But I have a little test I devised to use when hiring boys, which indicates several things. While they stand there giving me the facts about their ability, I let a small piece of paper, as a memorandum sheet, fall from my desk. Last time out of a bunch of six applicants, only one boy picked, or offered to pick it up. I hired him."

You know the fine art Dr. Frank Crane has of saying the right thing in the right way. He has a little essay on "Being Agreeable" in which he says, "Be agreeable and you'll be in demand." "An agreeable person lights up the room like a lamp."

This description of courtesy reminds me of the concert last winter when we heard

Mme. Galli-Curci. We were charmed not only by her voice but by her manners. Such smiles and winsome ways and such graciousness were more easily translated by the general public than were the French and Italian songs with which she charmed us. This very manner has helped to make her the idol which she now is.

And so in college, in business and in professional life, the consensus of opinion is the same, that courtesy and charming manners have both a moral and a cash value. Aside from this, they open the door of opportunity and lead the young adventurer into some of the more pleasant and profitable byways along his path.

Now when and where and how is a person to acquire such a valuable characteristic? Is it perchance a gift of the gods?

Courtesy! It is one of the fine fruits of ideal family life! It is an end as well as a means to an end. It is a result accomplished by self discipline. It is won at the cost of personal inconvenience. It becomes a habit, trained most easily in youth, and it becomes at once automatic and deliberate.

Courtesy must be taught by example as well as by precept. Even in so radiant a world it shines above all other characteristics. The office girl, the hotel clerk, the telephone operator, the sales person, the teacher, the most obscure or the most prominent person who has good manners

(Continued on page 16)

THE IOWA HOMEMAKER

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BOOST THE JUNIOR DEPARTMENT

Did you attend the junior department of the Iowa State Fair last year? If not, you missed one of the finest representations of Iowa's progress that is in evidence at present. The quality of exhibit and enthusiasm of "young Iowa" is well worth the small effort expended in seeing their department.

Where will their part be? The exhibits and shows will be in every main division of the fair, their poultry in with the poultry, their baby beef with the other baby beef and when you walk into the swine department with your husband, don't hesitate to say, "Where are those seven or eight hundred hogs our Iowa clubs have here?"

Demonstrations you'll find all over the grounds, of methods of canning, or preserving, of preparing food for the table, any process of homekeeping you are desirous of seeing demonstrated.

Who is going to do all this? The best of Iowa's youth will be there as the demonstrating medium between the thoughtful experimenting with daily problems, in home as well as with stock, and you, the recipient of this experimentation.

Miss Warner, assistant in the boy and girl club work, made this statement last year:

"It is the aim to use only those boys and girls who are competent to carry a demonstration thru to completion successfully.... By conducting a particular phase of the farm or home building and putting into practical operation the methods which have been found to be most desirable, boys and girls are enabled to raise standards in the community in a single year.... Boys' and girls' club work, in its contact with the young people in the rural communities, aims to show them by participation in certain practical enterprises that the farming business of their parents is worth while as a career, and that in order to follow it most successfully and with greatest satisfaction, they should get a broad training for it in school or college."

If railroad and coal strikes or propaganda picturing the worthlessness of education have even dented your faith in the nation's progress, visit the junior department of the fair, and feast your eyes on the exhilarating view of the result of education and the capable youth soon to be Iowa's leaders.

THE PROBLEM OF THE BOARD OF HEALTH

Do you wonder how the scarlet fever epidemic started? It is very simple if you trace it down. Jimmy Slater went to school with a sore throat and stayed until noon. At recess he played only with John, Paul and Ernest. At noon he felt so badly that he stayed at home and played with his little sister all afternoon. The next morning he felt worse, stayed in bed and the doctor was called who pronounced it scarlet fever and quarantined the family.

In a few days John, Paul and Ernest were taken with sore throats which developed into three more cases of scarlet fever, but like Johnny, they attended school a day or two, and exposed all the boys and girls they played with. Some of them were likewise exposed and taken ill in due time.

This is to be expected, you say, in a public school where all the children play together, and diseases must have their run at irregular intervals. True, that has been the disregard in the past for not only the welfare of the ailing child but all of his schoolmates. But had there been a school nurse Jimmy's teacher would have sent him directly to her as soon as he mentioned his sore throat, she would have recognized the symptoms and proper steps of prevention would have been taken at once. Very likely Jimmy's case would have been the only one and a long siege of sickness with its attendant worry and possibility of death, would have been avoided.

A good live board of health can prevent epidemics and a wide awake women's club can see that a school nurse is employed to safeguard the health of the children in school.

DO YOU LIVE IN A HOUSE OR A HOME?

All homes are houses but all houses are not homes. Isn't it so? The difference between a house and a home is not a matter of housekeeping but of homemaking, which leads us to say that all housekeepers are not homemakers.

This subtle difference probably lies in the simple matter of organization. If the mother insists upon doing every bit of the housework herself, keeping the rooms in apple pie order twenty-four hours a day, she is likely keeping a house. But if she so plans her work and trains her children that Johnny hangs up his own wraps, the girls help do the dishes and all the children make their own beds and keep their rooms in order, she is maintaining a home.

With such a plan and under the leadership of one who realizes that love for home is created thru working for it and in it there is time left for that most important part of homemaking, the companionship of mother, father and children.

An evening before the fire for a story or an informal gathering of young people planning the next class party will do much more toward the development of future citizens than elaborate house furnishings or detailed table service which necessitates mother being left too worn and exhausted after the evening meal to participate in the family fun.

To the mother who has mastered the organization of details and who realizes the true mission of the home, the unexpected guest has no terrors. She knows he has come to visit the family and not inspect the house and she entertains him in a home with the homely fare of the family. Such a home is far-reaching in its effect, it is like the small candle who sheds its beam at night, so shines a truly hospitable home in a world of pretension and sham.



MILK PRESERVATIVE

We have been suspicious that our dairyman is using formaldehyde as a preservative in our milk. How can we test for it ourselves? Is formaldehyde very injurious when used for food preservative?

To test for formaldehyde, put five cubic centimeters of milk and an equal amount of water in a test tube and hold in a slanting position, while you pour in a small amount of sulphuric acid to which has been added a pinch of ferric chloride. Hold the test tube straight, and if formaldehyde is present, a violet color appears at the junction of the two fluids. If there is no formaldehyde, a red brown ring forms. Always run a blank test (test with milk which you are sure is free from preservatives) to compare with the milk you are testing.

Formaldehyde is not very injurious if used in very small amounts but is very dangerous if present in large amounts.

CREPE PAPER HATS

I have heard of the new crepe paper hats which are being worn so much this summer and understand that they are very practical and inexpensive. Can you tell me how they are made?

A popular flapper hat may be made from two rolls of finest quality Dennison's crepe paper by cutting each roll into strips four inches wide. These strips are folded over four times making each strip of four thicknesses to give strength and durability. Braid these long strips neatly, then form into a crown by sewing the braids in a continuous circle; fit to the head until the crown is deep enough, then shape the brim, sewing the braids firmly. Shape becomingly to the face, and behold you have a clever model most deceiving in its appearance.

HOW TO WASH RUGS

Will you please tell me how and with what rugs should be washed? Is there danger of shrinking a rug by washing it?

To wash rugs, make a jelly out of white naphtha soap, using one cake in a gallon of water. Apply the jelly with a brush, scrubbing two square feet at a time. Wash with a cloth which is not linty and wipe dry with a dry cloth. Do not wash a large space at a time, because if the rug gets soaked, the sizing shrinks.

EXTERMINATING CENTIPEDES

We are troubled with centipedes coming up onto the first floor from the basement, which is quite damp. What can one use to kill them? Is their bite poisonous?

Pytherun powder applied with bellows is an effective manner of destroying centipedes. Their bite is poisonous, but they seldom bite.

CHANGING PILLOW FEATHERS

I have some old pillows and would like to use the feathers in new ticks, but I do not know how to prevent the feathers flying all over while removing them from the old cases to the new. Can you make any suggestions which would remedy this nuisance?

To change the feathers, open a small hole in the old pillow and sew the edges to a hole of the same size in the new tick and shake them out; or another easy method is to fasten the new tick in place of the dust bag on your vacuum cleaner, hold the vacuum end in the feathers and turn on the electricity. Your new pillow will be filled almost instantly.

CHAUDFROID SAUCE

I am going to give a luncheon and would like to serve chicken in a new and attractive way if you can give me an idea.

One of the nicest ways of serving veal or chicken is in chaudfroid sauce. The chicken is jellied, cut in three-inch cubes and covered with chaudfroid sauce. This sauce is made of one pint medium white sauce and one ounce gelatin. Add the softened gelatin to the white sauce when it is removed from the fire. If a yellow color is desired, add three egg yolks while hot; if a red color is desired, tomato sauce is used. When the gelatin mixture is at the right consistency to spread smoothly on the cubes with a knife and spoon, keep it at that temperature while you are using it. A decoration, such as a nasturtium, can be molded on the top of the cube. When served, one would never guess what is under the yellow sauce, and the discovery of the chicken is quite a surprise.

MILDEW STAINS

What can I do to remove mildew stains that have attacked the fiber of linen?

Apply potassium permanganate and wash with warm water. Next use oxalic acid and wash. Any brown from the permanganate will be removed by the oxalic acid.

A GOOD REFRIGERATOR

I will have to buy a new refrigerator before the season is over and am interested in knowing what are considered the requirements of a good refrigerator.

An efficient refrigerator should have, in order from inside to out, an all-porcelain lining (one piece enamel) with round corners, dead air space, wood lining, waterproof paper to keep any moisture from going through, wool felt paper, insulation, another dead air space, another layer of wool felt paper, another layer waterproof paper, outside wood sheeting or enamel.

REMOVING INK STAINS WITH SOAP

Is it true that certain soaps will remove ink stains?

It has been found that P. and G. Naptha soap and water remove certain kinds of ink stains. Fels Naptha removes paint from cotton and linen.

TO WASH WOOLEN SWEATERS

I have a white woolen sweater which has become very soiled and needs a thorough washing. I want to know how to go about the process in order to retain the present shape of the sweater.

Use warm soft water and a pure soap (which has been dissolved in a small amount of warm water). Before washing, take the original measures of the sweater as follows: Width of shoulders, lower edge of sleeve, length of sleeve and sweater.

Have sufficient water to cover the sweater and proceed by squeezing and rubbing it in the soapy water. Rinse in warm soft water. To the last rinse add one tablespoon glycerine for each gallon of water used, to make the wool softer.

To dry, place several thicknesses of cloth on a table and stretch out the sweater on it, to fit the original measurements. Allow it to dry in this position and the sweater will be its original size.

FLOOR COVERING FOR KITCHEN

I am thinking of buying linoleum for my kitchen floor and would like to know what kinds are on the market and how they should be applied to the floor.

There are various types of linoleum besides patented composition floor coverings. Linoleum is a by-product of linen manufacture. It should be used for a while so that it will stretch before fastening down. Then it should be cemented on with linoleum cement, the edges run up two or three inches on the wall and fastened with special tin strips which are made for this purpose.

Linoleum is linoleum in tile shape. It comes in squares which are cemented on together.

Battleship linoleum is much heavier and thicker than ordinary linoleum. It is quite expensive but very durable. Dishes dropped on it seldom break.

LEMON ICE

Will you please publish a recipe for lemon ice in the Homemaker?

An excellent recipe for lemon ice requires one cup water, one-half cup sugar, one egg white and one-fourth cup lemon juice. Cook the sugar and water until it spins a thread and add it to the beaten egg white. Add the lemon juice and freeze, turning it at a moderate rate.

(Continued on page 11)

Who's There and Where

By JEANETTE BEYER

Hip Ha, Rip Rah, Ped-e-balloo, Ballee, Huzza, Zip Boom, I. A. C.

Few of us in school now can remember the days of I. A. C., but to an "old grad" this yell is no doubt familiar.

As I sat commencement day on the bleachers in the big gymnasium, surrounded by alumni, fathers and mothers, awaiting the opening procession of caps and gowns, a little ten-year-old chap bounced up and down in front of me repeating the above yell.

"Hip Ha, Rip Rah—"

"Listen," said his father, Edgar C. Corry, '92, of Des Moines. "Here's a better one." And to the child's amusement he repeated:

"Rip Rah, Razzle Loo,
Tadpoles of ninety-two."

It was the custom in old days that the sophomore class should name the freshmen class and then cover all available space with gruesome figures symbolical of their names. So it was that the class of ninety-two bearing the name of "Green Turtles," gave to the class of ninety-two the title "Tadpoles." And thus it came about that along with the beautiful velvet hood which Secretary Henry C. Wallace took home with him as a symbol of the honorary degree of Doctor of Laws, was a yellow pennant upon whose brilliant surface wiggled a large black tadpole, an expression of love and appreciation from his fellow classmates.

Mrs. Olive Curtiss who sailed for Europe May 20, on the *Majestic*, with her daughter Ruth, will return the latter part of August. They have been traveling through France, Italy, and Great Britain. From Nice, France, she writes:

"This is a beautiful place. Weather continues fine! As we walked along the Promenade des Anglais et Promenade des Etat Unis this evening, watching the sea, we needed our jackets for comfort. Our room is lovely, three big windows and two beds.

"We have everything set for a drive to Menton tomorrow, going along the famous Corniche Drive, returning by Monte Carlo, Monaco, and the sea."

At Naples she says:

"Yesterday we had a general view of Naples, rounding up for tea at five o'clock away up on a hilltop at 'Bertileno's.' This is a lovely hotel with beautiful vines, flowers, balconies and verandas for tables. We reached this lovely spot by going as far as possible by trolley, then by a 'lift,' for a hundred feet or so."

Ruth, who graduated in '14, will stay a month longer than her mother, doing some designing work in Paris. She has been designing gowns for a wholesale house in New York City and while in Paris has sent home a number of sketches.

The Ames Alumni Association in Southern California is a most active organization, according to Miss Genevieve Shaw, '90, who was in Ames during commencement.

"If any alumni come to California I hope they will get in touch with our secretary and we'll all be more than glad to see them." The association holds monthly meeting which are largely attended, a hundred and ten being present at the meeting in May.

The address of the secretary of the Southern California Alumni Association is: Mrs. Mary Bartlett McNair, 2057 South Oxford, Los Angeles. The president is W. P. Milburn, Alhambra Annex, Los Angeles.

June 28 was the day chosen by Helen Hodsdon, '20, for her marriage to "Stuffey" Leavitt. Helen, who has been teaching at Vinton, is now housekeeping in Spencer, Massachusetts.

Mrs. Effie McKim Hurt of the class of '03 is living in Pasadena. She has a fine family of five, two children being in high school. Her husband, Leslie M. Hurt, who is county veterinarian, was a former instructor at Iowa State and a graduate of the class of '04.

"Raising chickens and keeping house is a busy life," says Elizabeth Whitman, '17, who was in Ames during commencement. During the summer she has been taking work at Columbia University, New York.

Helen Secor, who graduated this spring, was married in June to Harold B. West, at her home in Des Moines. Mr. West has been studying commerce and finance at the University of Pennsylvania. Helen, it will be remembered, was chosen last year as the "typical Ames girl."

Off to beautiful Hawaii is Reba Edwards, who has recently received her appointment to teach there for the coming year. During the war Reba served as a nurse and this last year she taught home economics in Duluth, Minnesota.

Marian Garland, '20, and Frederick Bock, '22, were married on June 27 at the bride's home in Dubuque. They are now living in St. Louis where Mr. Bock is in the dairy business.

Anna C. Wilson, '17, whose home is in Humboldt, Iowa, has been teaching clothing and art work at the University of Cincinnati. She will attend Columbia University next year where she expects to take her Doctor's degree in home economics.

Agnes King Shaw of '98, and Eleanor King Moss, '91, are living in Hollywood. Mrs. Shaw has six daughters, the oldest of which graduated from high school this year. Mrs. Moss' daughter, Mrs. Marian Moss Burbank, '18, is also living in Hollywood with her husband and a two-year-old daughter.

On July 3 Dorothy Lucile Wallace of Des Moines, was married to Russel Onley Ross, both being graduates of Iowa State. After August 1 they will be at home at 1014 Forty-second street, Des Moines.

Card File Your Foreign Terms

By ELEANOR MURRAY

DID you ever read in a recipe "serve with Bechamel sauce," and wonder what in the world Bechamel sauce was?

There are many terms used in recipes and menus for which one doesn't know an exact meaning, and a terrifying name may turn out to be nothing worse than plain white sauce, when its name made it sound worse than indigestible.

A dictionary of such words kept in some convenient place in the kitchen is both useful and instructive, and the following alphabetical list pasted on a card will serve as a good beginning.

Allemande sauce, Veloute sauce plus egg yolk.

Aspic jelly, meat jelly made of stock or standard broth clarified and variously flavored.

Bechamel sauce, Veloute sauce plus cream.

Bisque, soup of fish stock.

Bouillon, standard beef broth.

Chaudfroid, white or brown sauce plus gelatin.

Canape, piquant open sandwich served as a first course.

Curry, a pungent mixture of spices.

Croustade, bread, pastry, potato or rice case.

Consomme, chicken or veal broth.

Chowder, soup or stew, a combination of cooked fish, potato and a savory condiment.

Creole, addition of tomatoes and green peppers to food.

Entree, a dish served at dinner or luncheon between regular courses as meat, fish, egg, vegetable or fruit.

Epicure, a food critic.

Espagnole, an elaborate brown sauce.

Fagot, a bouquet of herbs.

Fillet, small pieces of meat freed from skin and bone.

Force meat, uncooked meat, finely pounded.

Gormand, a glutinous person.

Gourmet, an epicure, a food critic.

Haricot or ragout, a stew.

Hors d'Oeuvres, relishes served as a first course.

Kromeski, croquette mixture dipped in fritter batter and fried.

Larding, fat salt pork sewed into lean meat.

Marinade, dressing of oil, lemon juice and seasoning.

Mousse, flavored whipped cream frozen in a mold without stirring.

Mousseline, form of forcemeat made delicate with the use of whipped cream.

Quenelles, addition of flour, panada, or bread to forcemeat to add firmness.

Purée, pulp of vegetable or fruit.

Panada, flour or bread paste used for thickening.

Pilaf, ground meat, tomatoes, green peppers and rice.

Rissoles, croquette mixture rolled in pastry.

Rechauffe, a hash mixture.

Roux, thickening of flour and water.

Salticon, chopped mixtures.

Veloute sauce, a white sauce substituting veal stock for milk.

Rival the Orient With Sealing Wax

By OPAL WIND

NOT long ago I called upon one of my friends who is well known for having original as well as lovely clothes. Of course when she asked if I wanted to see her new gown, I was delighted and could scarcely wait until she brought forth her newest inspiration.

It was a wonderful creation of deep golden brown Canton crepe. The lines of the frock were simple—in fact the whole center of attraction was a buckle of bronze and jade that one could fancy being the favorite of some mysterious Oriental princess. The exquisite jade blended like fused emeralds into the rich bronze. When I could finally break the enchantment and look at the rest of the dress, I noticed the coloring repeated in the buttons. They looked like little Japanese fire opals or colorful dew drops as they twinkled in and out of the graceful folds.

"Where on this earth were you able to discover such a lovely buckle!" a ejaculated.

Mae laughed delightedly. "It was beyond my wildest hopes to deceive such a connoisseur of Orientals as you! You know I hate to explain, but they're only sealing wax—buckle and buttons!"

"Sealing wax!" said I, disgustedly.

"Please don't. You were fooled, weren't you?" she asked.

"You simply must show me how you did it," I demanded.

"I knew that you would want to know, so I've prepared my laboratory for your coming," said Mae knowingly. "I saw a genuine bronze buckle like that, but my purse is, unhappily, limited. So here you see the imitation," she explained as she led me into the room where I was to be initiated into the mysteries of sealing wax.

She had a piece of buckrum the shape of a buckle, a candle, and a box of sealing wax which had in it every color one could fancy.

"Now I shall show you how I compete with your marvelous Indians," exclaimed Mae as she seated herself before the table.

When she had lighted the candle, she took a piece of black sealing wax and held it carefully in the flame, twisting it rapidly so that it would melt evenly. She then spread the wax over the buckrum until it was covered. Deftly she melted a crimson stick of wax and dotted it artistically here and there over the black wax. The surface was all rough. The spots of crimson appeared like little rubies hidden within the mother ore.

Mae held it up for my closer inspection and then announced that the surface could be made smooth by melting the wax. She suited the action to the word and held up a shiny black buckle with red over the surface like molten rubies.

"Now when the cross bar has been glued underneath it will be complete. And you can make buttons the same way," she explained, further, "only they are easier because the wood is heavier and the surface is not so large."

"How in the world did you ever think of it?" I inquired.

"Oh, I heard about it and when I found that lovely Oriental buckle I spoke of, I decided that I must have an imitation—

so there you see how I vie with the Orient."

"And the cost?" I questioned, for my purse, too, was limited.

"Just a few cents, seldom as high as fifty. And truly now, aren't the results worth the effort?"

YOUR CHILD BETWEEN THE BOTTLE AND SCHOOL AGE

(Continued from page 2)

Dr. Clement Duke in School Hygiene for November, 1921, gives the following number of hours:

Age	Hours
At birth	23
1 year	20
2 years	18
3 years	16
4 years	15
5 years	14
6 years	13
7 years	12½
8 years	12
9 years	11½
10 years	11
13 years	11
15 years	10½
17 years	10½

These hours are longer than some authorities give, but in checking up on your child, does he have even nearly this much sleep? Malcolm Gross found in an investigation that children from 3 to 6 years of age averaged 11 hours of sleep in winter and 10½ hours in the summer. Are your children in this class?

To see that the child takes his sleep regularly requires just as much patience as to have him eat regularly, but are not the assurances of better dispositions at the present and better health in the future worth more than the effort you expend in getting these?

THE ETERNAL QUESTION

(Continued from page 9)

GREEN TOMATO MINCE MEAT

I wish you would publish a recipe for green tomato mince meat.

½ bu. green tomatoes	2 t. cloves
1 pt. apples	2 t. allspice
2 lbs. seeded raisins	2 t. salt
2 lbs. currants	6 lbs. brown sugar
4 tbsp. cinnamon	1 qt. vinegar

Chop the tomatoes and fruit fine. Add other ingredients and boil slowly for forty-five minutes or until tomatoes are well done. Put in jars and seal while hot. Any left over fruit or pickle juices may be added. The apples may be omitted.

CANNED MILK

What is the difference between evaporated and condensed milk? What are the characteristics of a good quality of canned milk?

Sweetened condensed milk is made by heating milk to 170 degrees Fahrenheit to expel the gas, then run into vacuum pans where sixteen pounds of sugar are added to every hundred pounds of milk. Then it is evaporated until concentrated. In proportion to its other ingredients, it contains too much carbohydrate.

Evaporated milk is unsweetened condensed milk and the ratio of concentration is usually less. It is evaporated, run over cooking pipes, then sealed and sterilized in cans. When diluted, it is very much like fresh milk in food value.

Best canned milk is creamy white, smooth, and does not have a cooked taste. It should be kept after opening the same as fresh milk.

GRADES OF CANNED GOODS

What is indicated by the different grades which are applied to canned vegetables in the form of numbers?

No. 1 is a fancy grade. Such a can contains vegetables which are prime, of uniform quality, very tender, good flavor and color. The brine, if used, is almost clear.

No. 2 is the standard grade. It is of good stock, less uniform than No. 1; the liquid may be somewhat cloudy and the pieces may be slightly broken.

No. 3 is sub standard. It is wholesome, nutritive material that falls below the standards of the first two grades.

LOOKING GLASSES SPOILED BY SUNSHINE

I have a large mirror in my bathroom which is gradually taking on a granulated appearance. Is it quite new and I wonder if I can do anything to restore it?

The amalgam of tin foil with mercury, which is spread on glass plates to make looking glasses, is very readily crystalized by actinic solar rays. A mirror hung where the sun can shine on it is usually spoiled; it takes on a granulated appearance and it is impossible to restore the continuity of the surface.

CALCIUM NECESSARY FOR GROWTH

What foods furnish building materials for the teeth and bones during the growth of children?

Calcium is the substance required to build up the bones and teeth. It is found chiefly in milk and in milk products. One pint of milk per day furnishes four-fifths of the daily requirement. Lettuce, spinach and other leafy foods can be counted on to furnish the other one-fifth.

IS IT BOUILLION OR CONSOMME

What is the difference between consomme and bouillon?

Bouillon is made from beef stock, delicately seasoned, while consomme is made from chicken or veal stock, highly seasoned with vegetables and cleared.

CLOGGED LAVATORIES

The lavatory in my bath room frequently becomes clogged. How can I clean it without having to call a plumber?

Take a cup of sal soda and pour down the drain allowing a small amount of water to follow. Then plug up immediately and allow the sal soda and water to stand in the pipes for at least one-half hour.

VELVETY ICE CREAM

How can you get a velvety, creamy, homemade ice cream similar to the commercial products?

If the freezer is turned slowly at first and then increased later, a creamy ice will be the result, because slow turning at first gives a chance for more incorporation of air which makes a lighter, finer texture. Again, if the mixture is frozen so long that it becomes hard, the air will all be beaten out of it and the result will be a granular mixture. The best texture will be obtained if you stop freezing when the cream is just mushy. It will harden upon standing well packed.

PINEAPPLE PREVENTS GELATIN FROM SETTING

Why is it that gelatin with fresh pineapple in it so stubbornly refuses to set?

In raw pineapple we have a proteolytic enzyme which acts on the protein of the gelatin and instead of gelation occurring the protein is being broken down into amino acids. When fresh pineapple is cooked this enzyme is inactivated.

"Back to Natur"-ing With a Camp Kit

By HELEN T. PETERSON

DO YOU like camping? It's the best possible vacation for anyone—the hard-working business man, the "pore, tired stude," or the society woman. It gives a genuineness and relaxation after a year of hard work and bustle. And you don't have to go hundreds of miles to find a good camping place, either. There are plenty right here in Iowa—that you can reach by car. Why not use them?

Get together with some of your neighbors and pack up a truck load of provisions, bedding, tin pans, suitcases, and old clothes and fare forth. Dig out a stove in the ground, fit in a stove pipe and an old gas stove top, put up a tent and you are all fixed.

Amusements are varied, reading, sleeping, resting, or if you are more actively inclined—boxing, tramping, swimming, fishing, pitching horseshoes, rowing, and raising thunder in general.

Natural scenery anywhere is beautiful. It is rarely possible to portray the closeness to God one feels in the great out-of-doors. But when you awake and look out of the door of a tent at the sun peeping up over the trees on the other side of the river and then at the light-flooded, wooded hillside out of the other door of the tent—somehow it does not seem like the other sunrises you have witnessed. The drowsiness that would have been the main object of thought under customary circumstances disappears immediately and you start the day right.

No wonder the Bible says: "Come away into a quiet place and rest a while." No wonder God took Moses into the wilderness to put him through a rigorous course of training in self-control before starting him out as leader of his people! No wonder Abraham Lincoln was selected from a backwoods rearing place, since he had been alone with his thoughts long hours at a time and had learned the great lessons of self-control and self-confidence! No wonder physicians advise the simple life as a cure for wornout nerves! No wonder—but what I started to say was this: If you want to be 100% efficient and get the most out of your work, you will find that it pays in the long run to take a little time off to get "back to nature."

BUY YOUR HAT FROM YOUR GROCERY SAVINGS

(Continued from page 3)

does not count, would mean a saving of 20 cents on a can. This saving could be used to purchase the French peas to serve with a leg of lamb on some particular occasion.

Every day food in some forms is a luxury although it may not be recognized as such. In many homes it is a daily custom to send a youngster to the corner bakery for a half dozen rolls for dinner. Hot rolls are delicious, but few people realize that they are a luxury compared with bread. Just how expensive they are depends upon prices in your locality. One baker sells a 22-ounce loaf of whole wheat bread for 13 cents, a 20-ounce loaf of white bread for 10 cents, and a half dozen rolls—weighing 8 ounces—for 8 cents. If the same price—1 cent an ounce—were charged for the bread, the

white bread would cost 20 cents and the whole wheat bread 22 cents a loaf.

It is so easy to say, "I'll just take home a few chops for dinner." But did you ever realize that chops selling for 30 cents a pound may cost \$1 a pound by the time they are on the table? This difference is due to the large amount of waste, in the form of bone and gristle and fat, which is not eaten. The amount of waste differs greatly on different cuts of meat causing them to vary much more in cost than the price quoted seems to indicate. Thirty cents a pound is a high price to pay for bone that is thrown away and for fat that is used for drippings. The actual amount of lean meat on the different cuts should always be considered as well as the difference in flavor and time of cooking.

It takes some time, a little mathematics, and a great deal of common sense to manage a grocery bill, but the satisfaction derived from feeding your family better food and at the same time squeezing a new hat out of the grocery bill, is surely worth all the effort expended.

ARE YOU ONE HUNDRED PER CENT?

Livestock has long been judged and stock judging has become an art. Orange Beanblossom III goes to the state fair or the International and is patted here, poked there, examined and scrutinized, tested and considered from this angle and that. Finally, a decision is rendered and Orange Beanblossom is scored 75, 80 or even 100 percent.

With all the attention that is paid to animal judging, not often does anyone very seriously consider the judging of humans. Of course there are baby judging contests at fairs, but after the babies have changed into little girls and little boys no one bothers to judge them.

During Farmers' Week at Iowa State College something decidedly different was done at one of the meetings of the Junior girls. They judged each other according to a posture score card. Each girl took her turn marching slowly back and forth while the other scrutinized and considered her. Then she stood still and was still further examined. In addition to the fun the girls got out of doing this, there was some interesting surprises when the scores were added and compared.

This was the score card used:

General Appearance—	
Graceful or awkward.....	10
Trim or slouchy.....	5
Head—	
Face forward showing hollows in neck and prominent bones	0
Slightly forward, no hollows in neck and prominent bones...	10 20
Back with chin in.....	20
Chest—	
Flat—with round shoulders and noticeable shoulder blades...	0
Slightly flat	10 20
Held high	20
Abdomen—	
Prominent, making a hollow back	0
Slightly prominent	10 20
Not at all noticeable.....	20
Weight—	
On heels	0
On balls of feet.....	10 10
Feet—	
Prominent ankle bones.....	0
Ankle bones not evident.....	10 15

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Daily Health Program

So often the question has been asked, "What do you learn in a health course?" The information is here summed up in a health program.

Sleep—Relaxation.

One of the most important factors for it is our sleep and moments of relaxation which build up what we have torn down.

Stopping—in time.

Knowing and heeding the danger signals such as fatigue, nervousness, headache, etc., and simply stopping the mad whirl you are in and relaxing—before it is too late.

Proper clothing.

To allow freedom and yet to aid in keeping the body dry and warm—especially important for people with a low vitality.

Food.

Food and enough but *not* too much eaten at regular times. Here water, fruit and green stuffs are very important. Also food which contains bulk and which is not predigested.

Exercise.

Regular and systematic, prevents constipation and keeps the bones from becoming stiff.

Fresh air.

Oxygen needed to burn up our food. Deep breathing important for lungs. Aid in removing impurities.

Cleanliness.

Baths important in keeping old skin washed off and leaving the pores free. Also a relaxation (warm) and a stimulant (cold). Necessary for personal attractiveness.

Mental Attitude.

Optimism necessary for health and optimism depends to a great extent on cleanliness and fresh air and sleep but the mind has a great influence on the body.

Six month examinations.

Should have a thorough physical examination that often so that health may have a fair chance and not have such obstacles as infected tonsils and decayed teeth to combat.

THE LANGUAGE OF FRIENDSHIP

Talk in the language of friendship, and walk through the world as a friend, Don't set yourself up as too big to be kind, with nothing whatsoever to lend, The soft-spoken word is the surest, the speech that is gentle is best And the arrogant voice of displeasure and pride is nothing but hatred confessed.

Don't snarl at the stranger who greets you; he may be a friend in disguise. The boy who comes into your office, tomorrow to greatness may rise And he shall remember your manner the day that he called upon you, And know from the tone of your greeting your worth and your character too.

Talk in the language of friendship; the greatest of men can be kind, Be patient with youth that is trying; complaint is so easy to find, That men of big vision scorn it, and men that have come their best Give never an arrogant order, but gently and softly request.

Talk in the language of friendship and walk in the way as a friend, We shall all look for kindness and mercy when the struggle called living shall end. And it's easy to win men to service, and easy their friendship to reach If only you're kindly in manner and gentle and thoughtful in speech.

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The Art of Outcasting Flies

By DOROTHY MORRIS

CASTING flies is a summer pleasure for the providing half of the household, while the home making half is concerned with outcasting flies.

Flies vary in kind, but our problem is concerned with the house fly. Some persons tolerate these disease carriers with seeming indifference, but when we consider that the full life of one fly in June may be held responsible for almost six billion descendants during that season, the importance of their elimination becomes more convincing.

In the destruction of flies, three main points should be considered. First, actually destroy the fly; second, prevent flies from entering the house, and third, eliminate the breeding place of flies.

The most common method of eradicating flies is with the use of the wire screen trap. These can be made any size to accommodate the need, from the small one on the cover of the garbage can to the large one on the porch, and either is inexpensive to construct.

Almost all fly traps are constructed on the same principle, which consists of a large conical opening, decreasing in diameter toward the opposite end. The bait attracts the fly through the narrow part and after it has passed thru to the larger area, it cannot readily find its way back. A cylindrical covering of wire over the cone confines the fly.

In addition to the garbage can traps we may have porch, window or tent traps. Since the expense of the construction of these traps is comparatively small they are almost indispensable. They take little care, requiring only that the bait container be kept clean and well filled, and that the dead flies be disposed of regularly. To be sure of their destruction, it is advisable to burn them or immerse them in hot water. This eliminates both spreading the germs they carried and further breeding in the traps.

Traps are not possible in all cases so other destructive methods may be used. We are all familiar with sticky fly paper. As a destructive agent for flies, it cannot be classed very high, and we are well acquainted with its trouble making features. One suggestion in connection with its use is that it be pinned to a newspaper and then fastened to the wall over the table or place to which the flies are most attracted.

Poisons are much less used than previously, because of their danger to small children. They are very effective in killing the fly, but there is always the body, reclining on chairs, window sills and every conceivable place, which must be disposed of. The most advisable way to use poison is as a bait in the fly trap, since here the space is limited and access to the poison is impossible except for flies.

An attractive poison to the fly is a mixture of formaldehyde water and milk. Dip a piece of bread in this, and the flies are only too anxious to partake of it. Another mixture, no less attractive to the fly than the former, is composed of sugar and molasses with formaldehyde. No matter in what form the poison is displayed, special attention should be given to prevent children from coming in contact with it.

No I haven't forgotten the swatter; by all means use it and get your fly when he

has escaped the trap and poison. Let the children do the swatting. A game may be made of it, for any child will love to swat.

The tempting odors issuing from kitchen doors are enticing to many forms of life. How often we find the entire back door one dark mass of hungry, persistent flies and since that door is to be used more than any other one door of the house, what is to be done? The most sure way is to screen the entire back porch. The odor still exists, but the fly cannot come in contact with it, and therefore such vast numbers do not collect. One should have the windows securely screened also, or the screened porch will be useless.

We must now consider destroying the breeding place of the fly—for if there are fewer breeding places there will from necessity be fewer flies in proportion. Flies do not migrate to a great extent, so where there are flies, there are, in most cases, breeding places, and the first place to look is in decaying vegetation and waste products.

The manure stack is not an uncommon feature on the farm and it is also one of the most common breeding places for flies. To dispose of it not only takes away one of the flies favorite breeding places, but also destroys innumerable eggs and maggots.

The garbage cans, unless frequently emptied and thoroly cleaned are the most usual breeding places in the city, and it is here that the housewife must expend her energy. Since the first method of curing any undesired situation is eradication of the cause, the first step towards a flyless nation is a thorough destruction of flies. We might well adopt a southern Iowa poster motto "A swat an hour keeps the fly out of power."

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The Points in Fine Laundering

"O H, dear said Molly, as she sat on the floor a disconsolate figure, among neatly folded linens, "just look at these things, why they were beautiful and white and new, not three months ago and now, oh, now look at them. Why, Jane they are grimy and gray and lifeless. What is the matter with them, yours always are so lovely, Jane."

True it was that the linens which had been Molly's pride at her marriage not three months ago were in the sad plight she had described.

"Well," said practical Jane, "I can tell you what I do and perhaps that will be some help. It really is a shame to ruin such lovely things. But, first, dear, you must learn that all things were not intended to be sent to the laundry."

So it was that by long and patient explaining Jane unfolded to Molly many of the secrets of fine laundering. What she told her was something like this.

Cold dilute mineral acids have no effect if allowed to dry before they are ironed or treated in any other way.

Effect of alkalies on vegetable fibers:

1. Strong solution increases the strength of the fibers for a short time but it gradually breaks them down.

2. Dilute solution has little effect upon the materials other than to loosen the dirt.

Effect of acids on animal fibers:

Woolen Fabrics—

1. Strong minerals destroy the fiber of the material at once.

2. Dilute solution has no detrimental effect.

Silken Fabrics—

1. Strong solution disintegrates the fiber and tears it down.

2. Dilute solution weakens the fiber but the action is less rapid.

Effect of alkalies on animal fibers:

1. Strong alkalies have a softening effect, while dilute and boiling solution disintegrates and weakens the material.

For most of the articles that we are considering it is enough to use plenty of warm water and plenty of soap suds made from a good reliable soap. The water should preferably be soft but if this is impossible to obtain, hard water which has been softened is very good. Good results depend upon the processes that follow the washing as well as upon that process itself. For white things it is better to dry them in the sunlight, so that the bleaching process may be aided. But the lighter shades of delicate materials that are very sensitive to much light should be dried in a shady place. The bleaching process is aided also if a few drops of bluing be added to the final rinsing water.

Perhaps one of the biggest difficulties in all laundering processes is the correct washing of woollens. This can be made very simple and effective if it is only remembered that it is not so essential to use water of a very low temperature as it is to keep the water of the same temperature thruout the process as it was when at the start. If warm water is used to begin with, water at that same degree of warmth should be used all the time. Likewise if cold water or hot water is used at first, the same degree must be used all thru the process. The shrinking

of woollens does not depend so much upon the warm water that is used as it does upon the fact that the sudden change in the temperature of the water of the main washing to the rinsing water causes the fibers to shrink and contract, thus drawing the whole garment closer together.

Organdies may be made to retain their original sheerness if, after careful washing they are starched with a little rice water starch to put on a finer and smoother finish. Likewise most any fine or delicate fabric may be laundered from time to time and not only is the garment given just that much longer lease on life but the dry cleaners' bill is likewise much reduced.

So it was that Molly learned a great deal from Jane that afternoon and the result of it was that the lovely linens, after one or two of the treatments described by Jane had been administered, regained their former luster. And Molly was a happier and wiser girl because she had learned that all things of the household were not intended to be sent to the laundry.

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6 and 8 West Main Street
MARSHALLTOWN, IOWA

Dry Goods, Cloaks, Suits

"Everything for
Ma"

"Styles and Prices to
Suit Pa"

Shopping Thru the Windows of the World

THANKS to the art of printing and the ingenious advertising managers of the hundreds of manufacturing companies, there is almost no spot on earth where the mails are distributed with any regularity at all, that is not directly in front of the world's shop windows. You may be curled up in a wheeled chair where misfortune has destined you to remain indefinitely, you may be "homesteading it" in Dakota, you may even be on an Iowa farm and closely confined by babies and chickens so a visit to the nearest city is out of the question, but you can collect your favorite magazines about you and in an afternoon or less have completely traversed the full length of the busiest streets of our largest cities and had a peep into their beautiful and enticing shop windows. And what is still better, you have made little excursions into scores of those tiny shops where often the loveliest things are made but the shop itself may be located away out where rents are cheaper, or up innumerable flights of steps which you would never have the courage to mount were you on a shopping trip for a few days.

To window shop is as much a part of a woman's nature as her love for babies and flowers and all the other little details that make a woman lovely and thrifty and happy. But window shopping is more or less of a fine art and one must be strictly careful lest she be lead astray by over-enthusiastic advertisers who may not tell a deliberate lie but are surely deft with clothing certain facts in garments which look so much like the truth that often a scientifically trained eye is needed to detect the fallacy. This is especially true of food advertisements. When a box of dried fruit is recommended for every day to supply the mineral for a day, it is well to consult a doctor or dietitian to make sure that a few small mouthfuls will really supply the bodily needs for a whole day.

Then the designers who draw the pictures which appear in such lovely colors in your favorite magazine may not be really interior decorators so they may lay a rug cornerwise with the rest of the rugs and with the walls of the room but you can excuse them on that point because they surely did give you an idea of what two colors would go nicely together for that new organdie frock. And the man who planned the advertisement for the meat company probably did not know that children, at least, should not have meat more than once a day but he did know how to serve a platter trimmed with vegetables that would make any woman ache to try.

In window shopping thru the magazines one must use her own good judgment and apply the principles explained in the literary part of the magazine when reading the advertisements. Most of them are well worth the time it takes to read them.

What will the shop windows of a magazine reveal to the woman who cannot get away to shop in a city? Well, a woman in a washing machine advertisement wore a dainty and simple house dress which was easily copied and decidedly different from any I had ever seen in a shop. Lovely "Ted" suits have been copied from those worn by a girl in a hosiery advertisement. Bobbie's little suit is a duplicate of the one worn by a tot about his

size in a mattress advertisement and mother's blouse came from nothing less than a life insurance advertisement.

Time may be saved on wash day by following some of the suggestions in a laundry soap advertisement even tho that particular kind of soap is not procurable in your tiny town. An adhesive tape advertisement solved the problem of mending a torn umbrella and prolonged the life of a nearly worn out hot water bottle.

Rearranging a kitchen for convenience took place after a careful study of a kitchen cabinet advertisement and a linoleum display convinced one housewife that there really was good looking linoleum tho she had to order it especially since her dealer did not carry it. Result, a beautiful bluish gray background for her braided rugs instead of the unspeakable floor which was not yet due to its turn of being replaced.

Paper napkins for the use of the children were introduced into one home because a certain paper advertisement argued in their favor and not only increased their sales of their product but they saved a mother hours of glorious summer time which she might have spent ironing linen napkins.

The little "shut-in" who has never been able to go away to school is on speaking acquaintance with numbers of schools and colleges because she mailed post cards which brought beautifully illustrated booklets of the leading colleges. With her undecided friends she was able to discuss intelligently the merits of the various schools and just which one would most likely meet the demands of each particular friend.

This same little invalid was noted for her gifts that were different and oh, so lovely and useful. She found them tucked away in the corners of magazines, the little contrivances for removing cream from the bottle of milk and the clever little fiber cups of wedge wood design which her mother filled with jelly for her.

A comfort rail attached to a radiator inspired the new daddy to put a similar one on the wall so the new mother could rest her feet on it when she held the new baby. And Tom, who had had manual training in school, made a bath stool like the one he saw in the plumbing advertisement and presented it to the new baby's mother.

Concerns selling floor wax will give you very definite instructions on refinishing furniture and floors which is well worth trying in these days of high prices. A certain kodak advertisement revealed a dainty window which was easily copied and transformed an uninteresting room. Tables were rearranged after a furniture advertisement and the room was a delightful change the remainder of the summer.

A pastry flour advertisement furnished the design for a beautiful wedding cake which the bride's best friend made for the "great occasion." A coconut advertisement supplied the incentive for an evening's entertainment when the weather prohibited outdoor sport.

New and dainty ways of serving old and trite foods are everywhere and free for the following. Practically all recipes published with food products are reliable and serve to give some spice to the life of the busy housewife and cook.

Shopping, intelligent shopping, takes much time and to the woman who lives on a budget as all good thrifty women do, it means much forethought and careful planning. All the aid that can be

given her thru the printed and colored page is surely hers and we might rightfully give a rising vote of thanks to all the advertisers in the world who help her out with suggestions and free literature, even tho she may never be in a position to buy their product.

WILL COURTESY COUNT IN YOUR CHILD'S CAREER?

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is reflecting an inward grace, a subtle something which gives force to personality.

It was pleasant to read some months ago how a famous author was employed in disguise for one day to find \$50.00 worth of politeness. She found it in so many persons and in such unexpected places that it was difficult to award the prize.

We use the phrase, "a gentleman of the old school," meaning usually a man with the stately manners of a former generation. Why not create the expression, "a gentleman of the new school," which would mean the possession of a manner at once so charming and so genuine that it would put the old term completely out of use?

A Complete Line of SQUIBB'S PURE SPICES

No filler in pure spice.

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and Violet

Satisfy Fastidious Housewives
also

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